

## LIST OF COMMERCIAL GYM AND HOME GYM EXERCISES BY BODY PART

<b>Commercial Gym</b>	<b>Home Gym Alternative</b>
<b>Quadriceps</b>	
Squat Deadlift/Trap Bar Deadlift  Leg press Leg Extension	Bulgarian split squat Deadlift Trap Bar Deadlift Lunges (one leg at a time) Sissy squat
<b>Back</b>	
Deadlift Barbell/Dumbbell Deadlift	Deadlift Barbell/Dumbbell Deadlift
<b>Chest</b>	
Incline Bench Press Bench Press Decline Bench Press Dip (leaning your body forward) Incline Dumbbell Fly Flat Dumbbell Fly Decline Dumbbell Fly Pec Deck/Cable crossover	Incline Bench Press Bench Press Decline Bench Press Dips (leaning your body forward) Dips between chairs Incline Dumbbell Fly Flat Dumbbell Fly Decline Dumbbell Fly
<b>Hamstrings</b>	
Stiff-legged/Romanian deadlift Hip Raises Good Morning Back extension Seated Leg Curl Standing Leg Curl Leg press (feet high on the platform)	Dumbbell/Barbell Romanian deadlift Good morning Back extension using a stability ball Stability ball leg curl Lying Leg curl Lunges /Wall Squat (hold 30-60 seconds)
<b>Shoulders</b>	
Barbell Shoulder Press Dumbbell Shoulder Press Lateral raise Bent over raise Front raise	Barbell Shoulder Press Dumbbell Shoulder Press Press Lateral raise Bent over raise Front raise
<b>Abdominal</b>	
Weighted crunch V-up Reverse Crunch	Weighted crunch V-up Reverse Crunch

<b>Lower back</b>	
Deadlift Stiff-legged Deadlift Good Morning Back extension Superman Heavy Kettlebell Swing	Deadlift Stiff-legged Deadlift Good Morning Back extension using a stability ball Superman
<b>Trapezius</b>	
Barbell/Dumbbell shrug Shoulder press	Barbell/Dumbbell shrug Shoulder press
<b>Calf</b>	
Standing Calf Raise Calf Press Seated Calf Raise Donkey Calf Raise	One-legged Calf Raise on a stair Seated Calf Raise (with a padded barbell on your lap)
<b>Triceps</b>	
Close grip bench press Push-down Dips - Triceps Version	Close hand push-up Bench dip Dips - Triceps Version
<b>Biceps</b>	
Barbell/Dumbbell curl Preacher curl Hammer Curls	Barbell/Dumbbell curl Preacher curl (on the incline-pad of your bench) Hammer Curl

If you don't know how to perform any of the exercises, a quick google search should remedy the situation.